

# FOUNDATIONS OF MOVEMENT



## CONCEPT 1

Whole foods are more nutrient dense and better fuel our body. The move to whole foods includes single ingredient foods like fruits, vegetables, nuts, seeds, beans, fresh proteins and whole grains.



## CONCEPT 2

Aim for 5-9 servings of produce each day, plenty of grain, beans, nuts and seeds and DIVERSIFY the choices within each category. Think of animal products as a "side" or "condiment" to leave room on the plate for plants.



## CONCEPT 3

Support your metabolism with a whole foods breakfast, then eat every 3-5 hours thereafter. This pattern helps balance blood sugar, hunger cues and hormones, and allows ample opportunity to meet nutrient and energy needs.



## CONCEPT 4

Work on your kitchen skills to build confidence and efficiency. No need to be a chef, but understand how to hold a knife, prep grains and proteins, work with spices and flavors to create delicious meals.